

The effects of a life skills program on self efficacy of Junior high-school students*

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ABSTRACT

The purpose of the present study was to examine the influence of a life skill program on students' self efficacy. Participants were 35 boys and 41 girls 7th grade students who were divided at random in an experimental and in a control group. The intervention program which included goal-setting and positive thinking-self talk, was applied in two phases. In the first phase, it was applied to the experimental group, while, in the second phase, it was applied to the control group. Self-efficacy measures were taken in the beginning and in the end of the first phase, as well as in the end of the second phase. The results showed that the intervention program positively influenced students' self-efficacy in the initial experimental group. In the initial control group, the self-efficacy increased only regarding strength. In conclusion, the application of life skills programs can produce improvement in the self-efficacy.

Key words: Life skills, self efficacy, fitness, secondary education.
